updated 8/22/2021

A Guide to Home-Based COVID Treatment

Step-By-Step Doctors' Plan That Could Save Your Life

Editors: Jane M. Orient, M.D. &
Elizabeth Lee Vliet, M.D.

A Guide to Home-Based COVID Treatment

Step-By-Step Doctors' Plan That Could Save Your Life

Senior Editor:

Jane Orient, MD, Internal Medicine Physician, Executive Director,
Association of American Physicians and Surgeons,
President, Doctors for Disaster Preparedness

Consulting Editor:

Peter A. McCullough, MD, MPH, FACP, FACC, FCCP, FAHA, FNKF, FNLA, FCRSA
Internist, Cardiologist, and Epidemiologist,
President, Cardiorenal Society of America

Editor/Writer:

Elizabeth Lee Vliet, MD, Preventive Medicine
Past Director, Association of American Physicians and Surgeons,
Member of AAPS Editorial Writing Team

Technical Editor:

Jeremy Snavely, Business Manager
Association of American Physicians and Surgeons

Disclaimer: This booklet does not provide individual medical advice or prescribe treatment but is provided as an educational service for patients and their families to know what options are available and widely used for many conditions. Patients should consult the physicians of their choice for individual medical evaluation and recommendations for treatment tailored to individual needs.

A Guide to Home-Based COVID Treatment

Step-By-Step Doctors' Plan That Could Save Your Life

Table of Contents

Chapter 1: Overview: SARS-CoV-2 Coronavirus and COVID-19 Illness
- What is a Coronavirus?
- How Deadly is COVID?

Chapter 2: I Have Flu-Like Symptoms: What Should I Do?
- What Should I Do First?
- Symptoms of COVID
- Immediate Home Care Recommendations
- Should I Get A COVID Test?
- Early Treatment Is Key to Success
- What to Expect At Your Physician Consultation

Chapter 3: The Experts Guide to *Early* Home Treatment
- Advantages of Home-Based Treatment
- Available Medicines, New Uses: Rationale for the Combination in COVID
- Antivirals and Antibiotics
- Anti-Inflammatories - Corticosteroids: Oral and Nebulized
- Prescription Anticoagulants ("Blood Thinners"): Why Crucial in COVID
- Vitamins, Supplements, and Oxygen

Chapter 4: Emerging Prevention and Treatment Options
- Monoclonal Antibodies
- Convalescent Plasma
- Prevention Options: Prophylaxis and Vaccines

APPENDICES

APPENDIX I: Medical Resources

APPENDIX II: Contributors and Physician Resources for Treatment

APPENDIX III: Sample Forms for Clinical Tracking in COVID

Disclosure: All physicians contributing to the treatment protocols in this guide for patients are actively treating COVID patients and are focused on early, home-based delivery of medical treatment options unless critical care in hospital is determined to be urgently needed. The contributors have no financial ties with any pharmaceutical company or product suggested in the treatment algorithms.

All contributors have volunteered their time and expertise as a community service in this time of national emergency to help inform patients of their options for research-based, peer-reviewed, safe treatments. They have received no remuneration for their contributions. The opinions expressed in this guide are those of the physician contributors and not those of their institutions listed.

INTRODUCTION

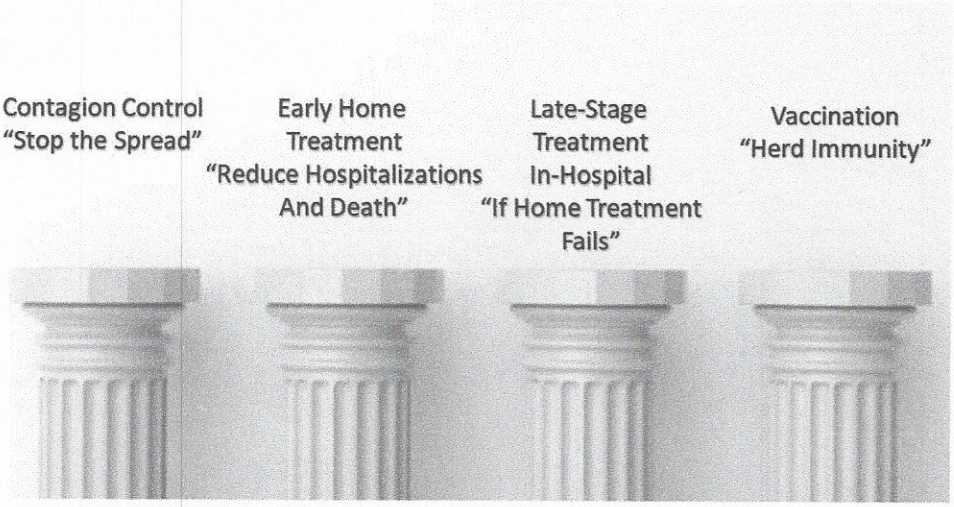
A Guide to Home-Based COVID Treatment is built on the rapidly accumulating peer-reviewed published medical research, written by practicing physicians with decades of experience treating patients with all kinds of illnesses.

We provide a step-by-step guide to medically sound early *treatments* that have a reasonable probability of success in this emergency pandemic. There are oral medications that are approved for other conditions, but not yet proven to be efficacious specifically for COVID-19 by the U.S. Food and Drug Administration. In the global pandemic emergency, large scale randomized clinical trials have not been feasible in the face of such critical illness. The National Institutes of Health at this time does not recommend treatment outside of the hospital, except for REGEN-COV™ (casirivimab with imdevimab) in non-hospitalized COVID-19 patients at high risk of clinical progression. There are no oral medications specifically approved for outpatient COVID-19 treatment, even though the mortality rate once patients require hospitalization is unacceptably high.

Thus, treatment administered outside of the hospitalized setting should be under the supervision of a physician or licensed medical professional who is knowledgeable in the use of the medications and the monitoring approach for ambulatory, home-based COVID-19 as described in this guide. Patients who worsen in any way should seek emergency room evaluation immediately.

There are four major pillars to infectious disease pandemic response:
1) Contagion control (stop the spread of the virus)
2) Early ambulatory, home-based treatment
3) Late-stage treatment in hospital
4) Vaccination

This guide will focus on the pillar of early, ambulatory, home-based medical treatment overseen by your physician, using a combination of available medicines, already FDA-approved for other medical conditions, and widely used in clinical medicine every day.



We have learned more about what medicines work, how to use them, when to use them, who is most at risk, and what strategies work. Please read this with an open mind. We are writing this to HELP you, to TEACH you how to work with your doctor.

As physicians, we know we need to focus now on ***early*** treatment to as the most immediate way to reduce hospitalizations and death. This is your guide to help you know your options, and to use with your personal physician.

Let's get started!

For a copy of the AAPS Guide

Home-Based

COVID

Treatment

Step-By-Step Doctors' Plan That Could Save Your Life

Go To The Link Below

https://aapsonline.org

John Burns – UMOJA Research
Private Health Research Since 1986

UMOJA RESEARCH HAS NOTHING FOR SALE

BLESSINGS TO ALL WORTHY OF BEING BLESSED